

Universal Red Flags

From the book "How To Spot a Dangerous Man"

Some red flags indicate undeniable truths. The wise woman will memorize, pay attention to, and utilize these signs of as opportunities to reexamine the relationship – or to exit, if necessary.

Tell yourself the truth about your relationship. Take the quiz to see if any universal red flags are present in your current relationship. If you're not currently dating anyone, answer the questions as they relate to one or more of your past relationships, whether serious or casual.

Check all the following that apply even if only remotely:

- You feel uncomfortable about something he has said or done, and the feeling remains
- You often feel mad or scared, or he reminds you of someone else you know with a serious problem.
- You wish he would go away, you want to cry, and you want to run away from him.
- You dread his phone calls.
- You are often bored with him.
- You think no one else in his life understands him.
- You think no one else in his life has ever really loved him/helped him.
- You think you are the only one who can help/love/understand him.
- You have the urge to "love him into emotional wellness," if that were possible.
- You think or wish you could help him "change" or "fix" his life.
- You let him borrow money from you or ask your friends to lend him money.
- You feel bad about yourself when you are around him.
- You only feel good about yourself when you are with him.
- You find your identity in your relationship with him.
- You feel he wants too much from you.
- You are emotionally tired from him; you feel he "sucks the life out of you."
- Your value system and his are very different, and it's problematic

- _____ Your past and his are very different, and the two of you have conflicts over it.
- _____ You tell your friends you are “unsure about the relationship.”
- _____ You feel isolated from other relationships with friends and family.
- _____ You think he’s too charming or a little “too good to be true.”
- _____ You feel in the wrong because he is always right and goes to great lengths to show you he is right.
- _____ You are uncomfortable because he continually says he knows what is best for you.
- _____ You notice he needs you too frequently, too much, or too intensely.
- _____ You wonder if he really understands you or instead just claims to.
- _____ You feel uncomfortable because he has touched you inappropriately of too soon.
- _____ You notice he quickly discloses information about his past or present or his emotional pain.
- _____ You sense he is pushing too quickly for an emotional connection with you.
- _____ He pushes you early on in the relationship to disclose information about your past.
- _____ Although you don’t believe it, he claims to feel an immediate connection with you (a sign of false intimacy).
- _____ You see him as a chameleon; you notice he can change to please whoever is in his presence.
- _____ You notice how soon he tells you about his earlier failed relationships and about his previous partners and their flaws.
- _____ You notice he mostly talks about himself, his plans, and his future.
- _____ You notice he spends a lot of time watching violent movies or TV or playing violent video games; he can be preoccupied with violence, death, or destruction.
- _____ You have heard him confess to a current or previous drug addiction.
- _____ You have information about major relationship problems that he handled poorly.
- _____ He has confessed that he has been violent in the past or uses drugs or alcohol when stressed.
- _____ You know he has multiple children by multiple partners, is inconsistent in paying child support, or rarely sees his children; you find yourself blaming the mother of his children for his behaviors.

- _____ You find yourself accepting him “for now” even though you have plenty of red flags that would help you to terminate the relationship if you paid attention to them.
- _____ You find that you would rather be entertained in this go-nowhere relationship than be bored alone.
- _____ You make excuses for why you are dating him.
- _____ You make excuses for his character and minimize his behavior.
- _____ Your friends or family don’t want to be around him.
- _____ You make excuses and don’t allow others to be around him because of what they think of him.

How many check marks do you have? _____

Is this relationship going in a direction that will fulfill your needs? Answer here:
